

# IDIOPATHIC HYPERTROPHIC SUBAORTIC STENOSIS (IHSS)



## BASIC INFORMATION

### DESCRIPTION

A chronic heart condition that produces an enlarged heart muscle, restricting the amount of blood the heart pumps. Cardiac output may be low, normal or high depending on whether stenosis is obstructive or nonobstructive. If output is normal, IHSS could go undetected for years.

### FREQUENT SIGNS AND SYMPTOMS

- Chest pain (angina pectoris).
- Heart-rhythm irregularity.
- Fainting.
- Shortness of breath.
- Swollen feet and ankles.
- Distended neck veins.
- Heart failure.
- Heart murmur.

### CAUSES

Thickening of the left chamber (ventricle) of the heart for unknown reason. This obstructs the flow of blood, and the heart may be unable to pump enough blood during exertion. In some cases, this condition is inherited as a dominant genetic trait.

### RISK INCREASES WITH

Family history of IHSS.

### PREVENTIVE MEASURES

If you have a family history of IHSS, obtain genetic counseling before starting a family.

### EXPECTED OUTCOMES

Symptoms can be controlled with medication or surgery, but life-style changes may be required.

### POSSIBLE COMPLICATIONS

- Heartbeat irregularity.
- Bacterial infection of the heart valve.
- Sudden death.



## TREATMENT

### GENERAL MEASURES

- Diagnostic tests may include cardiac catheterization to measure blood flow through heart chambers, X-rays of the heart, ECG (electrocardiogram—method of diagnosing heart diseases by measuring electrical activity of the heart) and echocardiogram (studying the heart by examining sound waves created by an instrument placed on the chest).
- Treatment goals are to relax the ventricle and relieve outflow obstruction. First therapy is usually with medications.
- Stay under close medical supervision.
- Psychological counseling for help in adjusting to emotional effects of chronic illness.
- Surgery to reduce the obstruction, if medication does not control the problem.
- Electrocardioversion (electric shock to the heart) for treatment of life-threatening heartbeat irregularities and improving heart output.
- Wear a medical alert type bracelet or pendant.
- Family members, close friends and business acquaintances should learn cardiopulmonary resuscitation (CPR), in case cardiac arrest occurs.

### MEDICATIONS

- Beta-adrenergic blockers (usually propranolol) or calcium-channel blockers to prevent heartbeat irregularities will be prescribed.
- Don't use nitroglycerin for angina pain. It dilates arteries, which may be harmful.

### ACTIVITY

- Instructions will be provided about how much physical activity is ideal. Your ability to increase activity is dependent on your response to therapy. Don't regard yourself as an invalid.
- Strenuous activities and sports are to be avoided, because of high risk of sudden death.

### DIET

Usually no special diet. A low-salt diet may be recommended if you have fluid accumulation (a possible sign of congestive heart failure).



## NOTIFY OUR OFFICE IF

- You have symptoms of IHSS, or symptoms worsen during treatment.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.